Volume 9, Number 16 October 1-14, 1994

UCSF Newsbreak

Prusiner, Clements win Lasker Awards

Stanley B. Prusiner, who discovered prions, and John A. Clements, who developed an artificial lung surfactant to help save premature babies, have received prestigious Albert Lasker Medical Research Awards.

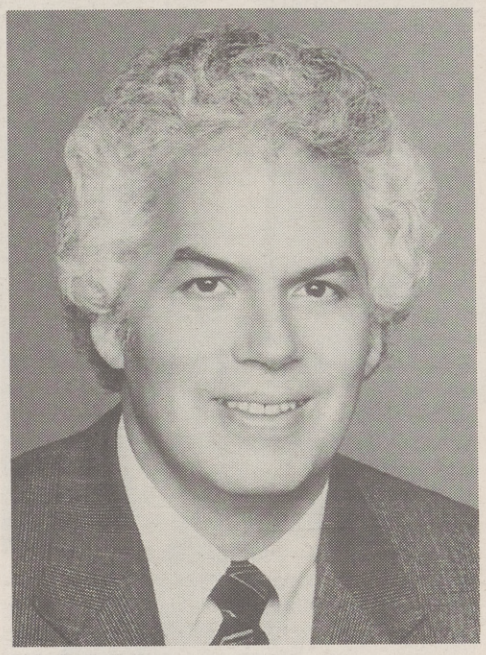
Since 1945, 51 Lasker Award winners have gone on to win Nobel Prizes, including UCSF's Harold Varmus and J. Michael Bishop. The purpose of the Lasker Awards is to recognize and honor people who have made significant contributions in basic and clinical research in the diseases which are the main causes of death and disability.

Professor of neurology and biochemistry, Prusiner has determined that certain rare human neurodegenerative diseases and similar, more common animal diseases are caused by a unique infectious particle called a prion. Unlike other pathogens, prions are neither bacteria nor viruses nor comprised of any genetic material; they are mostly protein.

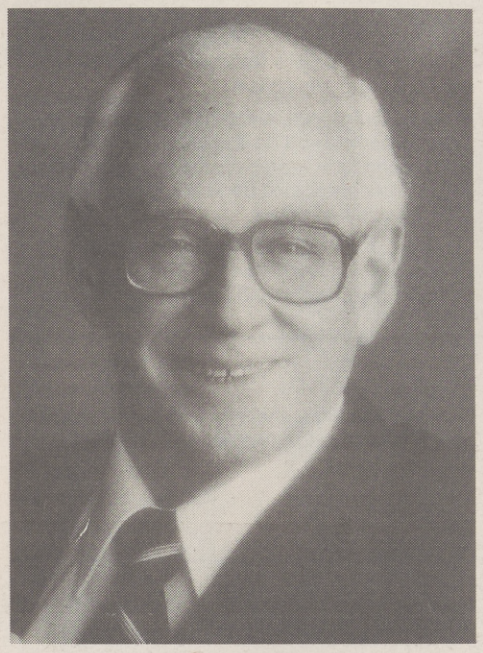
Prusiner demonstrated that the prion is the infectious agent that causes scrapie, a disease of sheep and goats, and kuru, a rare infectious illness afflicting New Guinea natives who until recently had a tradition of cannibalizing their relatives' brains.

He and his colleagues have discovered a rare inheritable human disease caused by a single-point mutation in a normal human gene, which results in a neurogenerative disease similar to the infectious prion disease forms. They have determined further that infectious prion proteins have the same series of amino acids as normal proteins of unknown function. These normal proteins have been found in all mammals examined so far.

Clements, a professor of pediatrics and a member of the Cardiovascular Research Institute, discovered the critical role of lung surfactant in the normal lung function of premature infants and developed a synthetic version of it. A pediatric biologist who began his groundbreaking work in respiratory distress syndrome (RDS) nearly 40 years ago, Clements is credited with saving the lives of thousands of premature infants and cutting the annual infant death rate from RDS by 50 percent.



Stanley B. Prusiner



John A. Clements

Clements, who also is the Julius H. Comroe Jr. Professor of Pulmonary Biology, and his colleagues discovered surfactant in 1961, and in subsequent years created the synthetic version — called Exosurf® — which is made and distributed by Burroughs Wellcome Company.

Lung surfactant is a natural soap-like fatty substance that coats the lungs to prevent them from collapsing. Without it, lung tissues tend to stick together, closing off the tiny air passages essential to moving oxygen and other gases in the blood. Premature infants frequently are born before their lungs start making surfactant. This is what leads to RDS.

Prusiner received the Lasker Basic Medical Research Award, while Clements won the Clinical Medical Research Award. In addition, Maclyn McCarty, professor emeritus at Rockefeller University, NY, whose historic discovery that DNA is the chemical substance of heredity, won the Lasker Special Public Health Award.

UCSF acts to correct problems uncovered in review of CPRT

By BILL GORDON

Chancellor Joseph B. Martin outlined for the UC Board of Regents last week the actions he has ordered to bring the UCSF Center for Prehospital Research and Training (CPRT) into compliance with University policy and the mechanisms he is putting into place to ensure proper handling of future whistleblower complaints about UCSF programs.

Martin discussed the corrective actions as part of a series of presentations to the Regents about efforts to bring support groups at all UC campuses into compliance with University policy. Support groups are campus-based organizations that raise funds or provide other support for specific programs.

Martin retained the accounting firm of Coopers & Lybrand about three months ago to conduct a management assessment of issues expected to be raised in a pending State Auditor's review of the CPRT and the Foundation for Medicine at UCSF.

The Foundation for Medicine has served without formal recognition as a support group affiliated with the Department of Medicine. The CPRT is not a campus support group, but its financial activities have been distributed among the Foundation for Medicine, the Department of Medicine of the School of Medicine, and an outside bank account.

The Bureau of State Audits began an investigation in January 1994 after receiving whistleblower allegations of fraud and misuse of state funds at the CPRT, a program which has provided training in cardiopulmonary resuscitation techniques to paramedics, firefighters, school children, and the general public.

Coopers & Lybrand delivered an interim report last week which "makes it clear that the CPRT, the Foundation for Medicine, and the Department of Medicine acted improperly in some circumstances and UCSF failed to provide proper oversight," Martin told the Regents. The problems of the CPRT resulted from inadequate management oversight of a program viewed as a valuable community asset, he said.

Martin provided some examples of problems in the CPRT reported in the Coopers & Lybrand assessment:

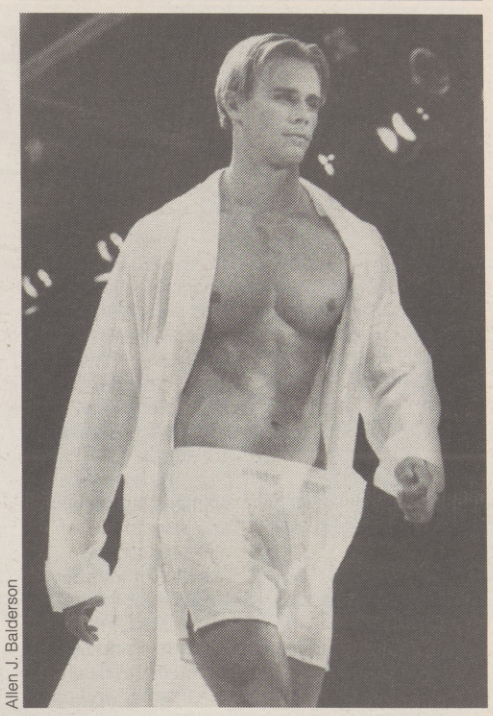
- While Coopers & Lybrand found no instances of CPRT fund transactions that failed to comply with UC policies, Foundation policies, donor restrictions, or tax provisions, the assessment reported that 15 percent of the transactions lacked the documentation needed to determine compliance.
- In 1991, CPRT employees improperly opened a bank account that was outside UC's control. The account has since been closed. Coopers & Lybrand tracked $58,000 in expenditures from this account and found four transactions totaling $589 that would not have been allowable under UC policy. An additional $2,200 was stolen from the account through improper ATM withdrawals.
- CPRT employee time records were adjusted to overstate the hours actually worked by certain employees in order to compensate them at approved contract rates which exceeded UC salaries for their job classifications and which, in some cases, affected salary increases prior to job reclassification. This practice violated UC policy. The School of Medicine has since determined that the practice exists in at least three other units of the Department of Medicine, and action is being taken to bring time reporting into full compliance with UC policy.

(See **CPRT** *on page 2)*

Everyone has a right to live somewhere

Allen J. Balderson

Lauren Gee of Biostatistics spent last Saturday morning scrubbing down walls at the Habitat for Humanity's new headquarters on Geary Boulevard. She was one of 25 UCSF volunteers at the center that day painting, cleaning, doing yard work and some basic carpentry. Habitat for Humanity, which seeks to eliminate substandard housing from the city by refurbishing old dwellings and making them affordable to the poor, was one of several organizations chosen during United Way's Week of Caring where 225 UCSF employees volunteered to help out for the day. UCSF's annual United Way Campaign will continue with donations being sought from October 24-November 4. (See the next issue of Newsbreak *for details.)*



Allen J. Balderson

Page 2 ... Macy's PASSPORT nets $400,000 for UCSF, Project Open Hand

Gay, Lesbian History Month begins Oct. 3

Come learn and celebrate the depth of the gay and lesbian movement during the month of October as UCSF features five films and several discussions to celebrate the first national Gay and Lesbian History Month. All of the events will be held in Toland Hall, with many having two showings per day. The lineup is as follows:

- Monday, October 3, noon-1:30 p.m. and 6-7:30 p.m.: "Before Stonewall: The Making of a Gay & Lesbian Community." Narrated by Rita Mae Brown, the film sets forth the dramatic story of the public and private existence experienced by American homosexuals from the 1920s to the present. Winner of two Emmy Awards, including Best Historical Program. Discussion follows the film.
- Monday, October 10, noon-1:30 p.m. and 6-7:30 p.m.: "Homosexuals and the Holocaust." A discussion by UCSF administrative analyst Rich Beatty from the Laboratory of Radiobiology & Environmental Health. Beatty was research associate for Holocaust scholar

(See **GAY HISTORY MONTH** *on page 2)*

Sexual harassment policy now out

The entire campus community should have received by now a letter from the Chancellor regarding UCSF's new sexual harassment policy and procedures.

"The spirit of the policy focuses on Title IX rights of individuals rather than emphasizing procedural rights of the accused," says Alma Sisco-Smith, manager, Sexual Harassment Prevention. "This is consistent with the recent regulatory guidelines of both the Office of Civil Rights and the Equal Employment Opportunity Commission." Sisco-Smith goes on to say that the University will continue to uphold everyone's right of due process, and will work to bring balance to the old process that placed a greater burden on the grievant."

The key to this balance, says Sisco-Smith, is early reporting of and then quick responses to claims. The new process helps complainants resolve problems informally, and allows for some level of civility and confidentiality.

"The key to early reporting and resolution is education, and there is room for all of us to learn more," says Sisco-Smith. "I want to help break down the myths that sexual harassment is pitting one gender against the other. Whether the behavior is offensive, abusive or hostile should be the question.

In terms of false allegations, Sisco-Smith says that the policy certainly doesn't condone them. "An allegation must always be investigated. What we find sometimes is that a sexual harassment allegation may be brought out as a result of some longer standing discriminatory or offensive treatment. Over time the frustration builds and then one borderline incident of sexual harassment may become the triggering mechanism.

"We have a distance to travel yet around this subject and lots of work to be done. Governor WIlson just signed a sexual harassment bill that broadens the impact of the definition to include business and professional relations giving rights to people that until now have applied only to employers and employees. At the other end of the continuum, California may be the first state to have a school district cited by the US Department of Education for failing

(See **POLICY** *on page 6)*

Gazette

Appointments

Rodgers

Denise V. Rodgers: Appointed chief of staff and chief and associate professor, family and community medicine, SFGH. As chief of staff, she serves as spokesperson for the 239 members of the medical staff and is their representative to the administration, the Health Commission and associate dean. She presides over the hospital's medical executive committee, interprets policies for the medical staff, reports on quality to the Health Commission and enforces medical staff bylaws and rules. As chief of family and community medicine, she oversees the clinical activities of 11 faculty members and directs the Family Practice Residency Program. Rodgers came to SFGH in 1984 from Montefiore Medical Center in the Bronx, where she did her residency and served as assistant medical director.

Honors & Awards

Wilson

Jacqueline Wilson, Library: 1994 Award for Excellence, Northern California and Nevada Medical Library Group, a chapter of the Medical Library Association.

Kaye M. Fillmore, social and behavioral sciences and Institute for Health & Aging: Received a five-year Research Scientist Award from the NIH's National Institute of Alcohol Abuse and Alcoholism.

Richard Quint, pediatric rehabilitation, Mount Zion: To be honored on Tuesday, October 4, by the Support for Families of Children with Disabilities for his outstanding dedication to families with children with disabilities.

Arnold J. Kahn, growth and development, School of Dentistry: Secretary-Treasurer, American Society for Bone and Mineral Research.

Publications

Jeanne Miranda, psychiatry and SFGH; **Clifford Attkisson,** dean, Graduate Division; associate vice chancellor, student academic affairs: Editors, *Mental Disorders in Primary Care* (Jossey-Bass Publishers, San Francisco, 1994).

Leonard Hayflick, anatomy and VAMC: Author, *How & Why We Age* (Ballantine Books, New York, 1994).

In Memoriam

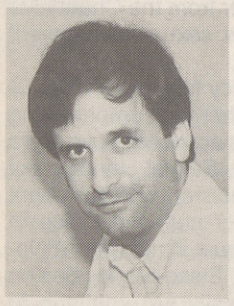
Kevin Fitzgerald, 52, a clinical nurse II in the UCSF/Mount Zion Surgical Admissions and Procedures Center (SAPC, formerly the Ambulatory Surgery Center), died on Wednesday, September 7, the victim of a robbery. A member of the staff at Mount Zion since 1974 and the SAPC for the last six years, Fitzgerald graduated from San Francisco City College in 1973 with an AAS in nursing. He also received a certificate as a maternity nurse practitioner from UCSF in 1975. Memorial donations may be made to the Kevin Fitzgerald Memorial Fund, UCSF Foundation, San Francisco, CA, 94143-0917. Please note fund on check.

Mark J. Russo, 47, an accounting assistant in the CVRI, died Friday, September 9, of AIDS-related complications. He came to campus in 1980 as a word processing specialist in materiel management, and moved to the CVRI in 1982. Russo loved to dance, work out at the gym and was an avid San Francisco 49er fan. An artist, designer and painter, Russo also enjoyed outdoor activities, including hiking, backpacking and camping. Memorial donations may be made to Project Open Hand, 2720 17th St., San Francisco, CA 94110. Coworkers and friends are invited to share memories of Russo on Thursday, October 6, at 12:30 p.m. in L 1361.

Gene therapy expert joins Gladstone

David Dichek, one of the country's leading experts in gene therapy for cardiovascular disease, has joined the Gladstone Institute of Cardiovascular Disease.

A clinical cardiologist, Dichek is a scientist at Gladstone and is the first gene therapist at the Institute. His appointment shows Gladstone's new emphasis on gene therapy as a means of combating cardiovascular disease. Dichek also has a pending appointment as an associate professor of medicine.



Dichek

Dichek is former head of the Cardiovascular Gene Therapy Unit and senior investigator for the Molecular Hematology Branch of the NIH's National Heart, Lung and Blood Institute (NHLBI). At the NHLBI, he directed a research group involved in using gene transfer technology that one day may be used to prevent obstructive blood clots in patients who have had prosthetic devices implanted in blood vessels. He also studied how enzymes work to break up clots after an injury to an artery.

A magna cum laude graduate from Princeton in 1976, Dichek has received many awards and honors, among them an NIH Research Festival Poster Prize in 1993, the Distinguished Scholar Award from UCLA Graduate and Professional Schools in 1983, and the Stafford Warren Medal from UCLA Medical School, given to the graduating medical student with the highest academic ranking.

Affiliated with UCSF and located at SFGH, the Gladstone Institute is supported by an endowment from the J. David Gladstone Institutes, named for a prominent real estate developer who died in 1971.

CPRT *(from page 1)*

•The CPRT's contract with the state Employment Training Panel to train paramedics placed UCSF at significant financial risk. The program billed the state based on the completion of a specified number of class hours and field training by each student and on the successful placement of the students in jobs. UC incurred a financial loss as a result of the contract.

Bringing the CPRT into compliance

Martin listed a series of steps he previously ordered to bring the CPRT into compliance with UC policy. They included reassigning the program in April 1994 to the Academic Affairs office and establishing strict new financial controls on the program. In addition, Martin said, UC is putting in place new administrative systems to guarantee orderly and rapid responses to future whistleblower complaints.

In regard to recognition and oversight of support groups, Martin told the Regents he initiated efforts at UCSF more than a year ago to bring all campus support groups into compliance with UC policy.

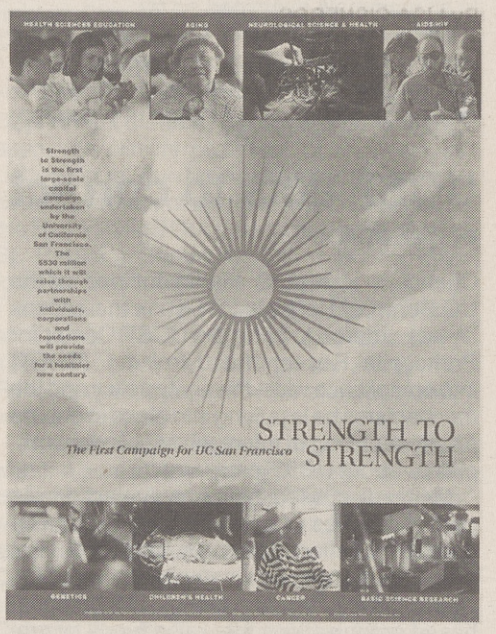
Taking to the runway for AIDS Programs

Allen J. Balderson

A cheering, ecstatic crowd welcomed the likes of Roger Craig, Jerry Rice, Brian Boitano, Greg Louganis, the British percussion band "Stomp" and top models from across the country at Macy's 13th annual PASSPORT fashion show at Fort Mason on September 22. Called "Fibreoptics," the show raised $400,000 to be split between UCSF AIDS Programs and Project Open Hand. Above, honorary chairs of the event, husband and wife Paul Voldberding, professor of medicine and director of the AIDS Program at SFGH, and Molly Cooke, associate professor of medicine and chair-elect of the Project Open Hand Board of Directors, look at a few of the Names Project quilts, which were on display, all produced by major designers. Below, super model Carre Otis does what she does best to help the cause.

UCSF campaign posters available

A full-color poster designed to highlight UCSF's current $530 million fundraising campaign — "Strength to Strength: The First Campaign for UC San Francisco" — is available at no charge to UCSF staff, faculty and students. Also available for one-week loans is a 12-minute campaign video highlighting the contributions of UCSF's people and programs. "The video is proving very popular for use at staff meetings and new employee orientations," says Susan Levings, director of Development Communications. To order either the poster or the video, call Doris Baigent, Office of University Development and Alumni Relations, at 502-1898.



Gay History Month *(from page 1)*

Konnilyn Feig, whose book *Hitler's Death Camps: The Sanity of Madness* is the definitive work on concentration camps. His discussion will be followed by the first San Francisco viewing of the film "We Were Marked with a Big 'A,'" in which three gay holocaust survivors tell their stories. The film is from the new US Holocaust Museum.

• Thursday, October 13, noon-1 p.m.: "Framing Lesbian Fashion." Sponsored by the Women's Resource Center, this documentary explores how changes in lesbian identity are reflected in a variety of dress codes, from butch/femme to flannel, androgyny to corporate drag, leather to lipstick.

• Monday, October 17, noon-1:30 p.m. and 6-7:30 p.m. "The Times of Harvey Milk." Set in San Francisco in the '70s, this Oscar-winning documentary tells of the rise to power of Harvey Milk, a charismatic and powerful gay activist who became the first openly gay person elected to office in the US. Both Mayor George Moscone and Milk were murdered by San Francisco Supervisor Dan White in 1979.

• Friday, October 28, noon-1:30 p.m. and 6-7:30 p.m.: "A Look at Dance: Breaking Down Gender Walls." The speaker will be Karen Attix, manager of UCSF's Arts & Performances and a former member of the Merce Cunningham Dance Company. Also the BBC's broadcast of "Concerto Six Twenty-Two" will be shown. The dance, by choreographer Lar Lubovitch, is based on music by Mozart. It has been described as the dance world's anthem in the fight against AIDS.

Gay & Lesbian History Month at UCSF is sponsored by the Chancellor's Committee on Gay, Lesbian and Bisexual Issues, the Gay, Lesbian, Bisexual Association at UCSF and the Lesbian, Gay, Bisexual Student Association. For further information call 282-9650.

Domestic violence

Another event, which is not part of the month's celebration but is related and occurs in October, is a discussion on "Domestic Violence in the Lesbian & Gay Communities" on Thursday, October 27, from noon to 1 p.m., also in Toland Hall. Studies indicate that domestic violence is as common among lesbians and gay men as among heterosexuals. Jeannie Morrow, director of the Lesbian Domestic Violence Program at Woman, Inc., will discuss the issue of battering in the lesbian community. Plus, Jelousy Jiggetts from Community United Against Violence, who is a survivor of gay male domestic violence, will speak about the work the organization is doing with battered gay men.

UCSF *Newsbreak*

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Deadline for the next issue, which will cover October 15-28, will be on **Tuesday, October 4, at 11 a.m.** Please send campus news copy to Allen Balderson (476-3163), Medical Center news to Lisa Cisneros (476-3256), and calendar and gazette items to Michele Firpo (476-3257), all at Box 0462; fax 476-3541. Last-minute copy may be taken over the telephone by calling the above telephone numbers. The University of California is an affirmative action/equal opportunity employer.

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CAPS helps international scholars spread the alarm about AIDS to their countries

By ALLEN BALDERSON

AIDS now has hit virtually every corner of the globe. While the epidemic continues to be a serious health problem in the US, the spread of HIV is particularly alarming in developing countries where a lack of AIDS awareness and limited financial resources impede prevention efforts.

To assist scientists in developing nations, The Center for AIDS Prevention Studies (CAPS) has an International Collaborative Studies Program where up to 10 AIDS scholars from around the world come to UCSF each summer to develop study protocols in AIDS epidemiology and prevention. The research projects designed here are subsequently implemented in their home countries. The visiting scholars are at UCSF for a two- to three-month period, according to project director Norman Hearst.

This summer, for the first time ever, CAPS invited back to UCSF eight scholars who had completed their research projects in order to assist them in readying their study results for publication. On campus for seven weeks, the eight scholars are from the Philippines, Uganda, India, Brazil, Russia and Indonesia. "They all hope to get their work published, possibly as a monograph in the journal *AIDS*," says Jeff Mandel, co-director of the program. Publishing in international scientific literature is a major hurdle for researchers from developing countries, both because English is not their first language and because of lack of familiarity with the publication process.

Geeta Bhave from India is studying how to prevent HIV among prostitutes in Bombay. "We have at least 100,000 prostitutes who live in brothels in the heart of Bombay," she explains. "They will not seek help in public hospitals, so my work goes beyond just researching their needs. I also want to give them health services, including testing and treatment for HIV and other diseases." Bhave says that it's very difficult to work with the prostitutes because "they have terrible living conditions — like cages." She says she knows her work is important, but adds, "I fear it is only a drop in the bucket."

Igor Lunin from Russia is targeting adolescents. "Mine was one of the first studies in my country devoted to sexuality, in particular AIDS," he says. "It was impossible to do before because of the political climate, but now we have more flexibility." Lunin says that it is important to reach people at an early age." There are only 700 reported cases of HIV in Russia, according to Lunin, but recently there has been a sharp increase in STDs among adolescents. "We are trying to approach them in a tender, funny, yet effective manner. In fact, our slogan is "No erection without protection."

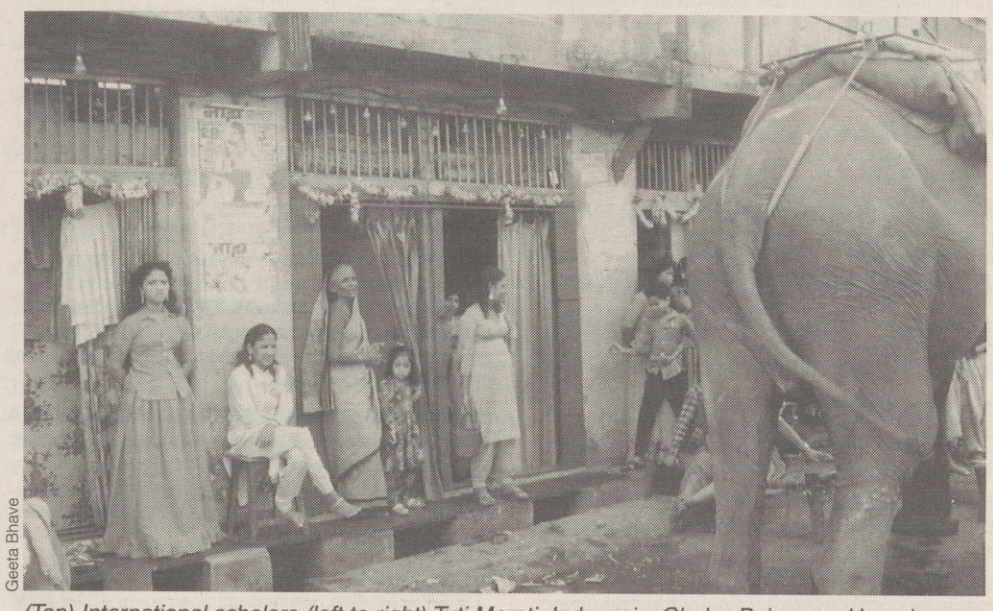
In Uganda, Gladys Baingana is doing research at Mulago Hospital where she is employed. "In Africa there is no counseling given voluntarily to couples," she says. "I am asking women if they communicate with their sex partners, not only about sex, but about AIDS. Most feel inferior to their husbands and are hesitant to talk about such matters with them."

Tuti Merati is looking at the role of traditional Balinese youth groups. To date, very few cases of HIV have been reported — 213 — but out of that number 48 percent are young people between the ages of 15 and 29. "That's why we're targeting the youth," she explains. "There is much ignorance. No information is given in the schools." Merati hopes to introduce AIDS education through existing youth organizations.

"One thing that we've seen in this and other countries is that the more people communicate about their sexual behavior, the more likely they will be to adopt safer sex practices and the fewer number of HIV infections there will be," says Mandel.

After consultation with CAPS collaborating scientists, these eight scholars will return to their countries, documents in hand, spreading the word about preventing AIDS, and hopefully saving lives.

Allen J. Balderson



Geeta Bhave

(Top) International scholars (left to right) Tuti Merati, Indonesia; Gladys Baingana, Uganda; Veronica Hughes, Brazil; Geeta Bhave, India; Cynthia Boschi, Brazil; Mari Rose Aplasca, Philippines; Igor Lunin, Russia and Pedro Chequer, Brazil. (Below) Where many of the prostitutes live in Bombay.

Inside UCSF

Editor's note: Each issue, Newsbreak/Medsounds *plans to give its readers an inside look at some aspect of UCSF life. The look may be serious or whimsical, but, we hope, always interesting and informative. Please call us at 476-3257 with your ideas.*

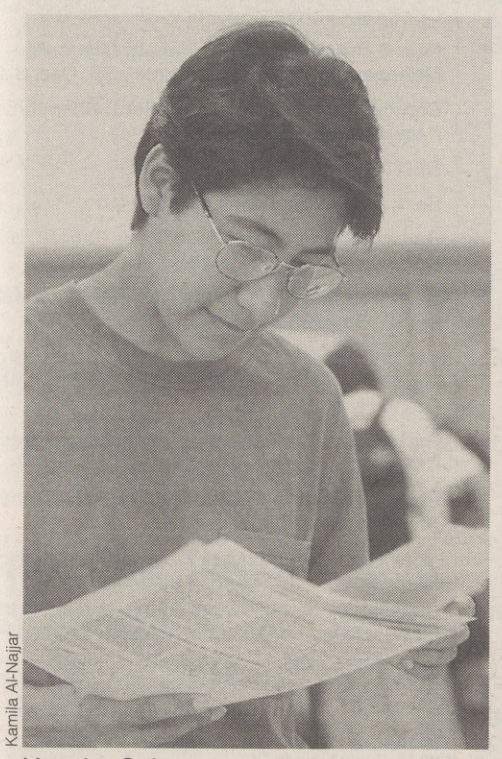
1994-95 school year begins

Students travel diverse roads to get to UCSF

By LISA CISNEROS

Nursing student Veronica Ortiz, 26, is carrying on her family's tradition of healing at UCSF while medical school student Shamsah Amersi, 22, is breaking some new ground in her family.

Ortiz, who has decided to be a midwife, and Amersi, who is unsure what type of specialty to pursue, are among the 529 first-year students furthering their education at UCSF this year. They are representative of the diverse group of students attending UCSF, which draws men and women from all over the world.



Kamila Al-Najjar

Veronica Ortiz

Born in Nairobi, the capital of Kenya, Amersi is seeking a medical school education with the encouragement of her parents who never spent a day in high school.

After being driven out of her home town of Nairobi at age 12 during an ethnic cleansing period in Africa, Amersi witnessed her parents lose everything and struggle to support their five children. When the family moved to Vancouver, her father was unemployed for five years while they lived with relatives. It was not until they settled in the United States that life began to get easier.

"Because my parents went through many hardships, they dedicated their lives to educating their children," Amersi says, adding that her parents think medicine is a noble and stable profession.

A psycho-biology graduate of UCLA, Amersi wants to become a specialist, perhaps a cardiologist, despite the recent focus toward primary care. "I'll keep an open mind while I'm in medical school," Amersi says.

She wants to return to Africa next summer to do research.

Ortiz, a native of Tuscon, Arizona, is following a career path similar to that of relatives who are doctors and nurses and that of her ancestors who were holistic healers in Mexico.

Working 12-hour shifts twice a week at Moffitt Hospital as part of her clinical experience, Ortiz is learning how to balance her busy schedule in the entry nursing program. "It's been pretty intense," she says of the program geared to students who have not taken any nursing classes before. "The challenge is for me not to become discouraged. At this point, I don't understand a lot of things and that can be very frustrating. I can't lose sight of the fact that I'll learn everything I need to know."

Ortiz, who majored in molecular biology at the University of Arizona, did have some prior experience in a clinical setting while working for Planned Parenthood in that state. That's where she became interested in being a midwife. When she becomes a registered nurse, Ortiz hopes to practice her skills in Central America.

"I want to empower women there," Ortiz says matter-of-factly. "I don't want to be a revolutionary. Nursing is the way I will make a positive contribution to family planning."

With international pressure to control the population, Ortiz says she does not plan to hand out condoms nor preach about birth control, but she will try to build women's self-esteem. "I think a lot of changes can be made by confidence building," she says.

Both students came to UCSF because of its reputation as a top academic health center. "The people here are so wonderful," Amersi says. "The students, the faculty are very intelligent, very diverse and very fun and genuine. And the city is so beautiful."

How many people ride the shuttles?

LPPI to SFGH	Library to Mount Zion	SFGH to UCSF	LPPI to Aldea	Aldea to Laguna Honda
447	430	404	306	220

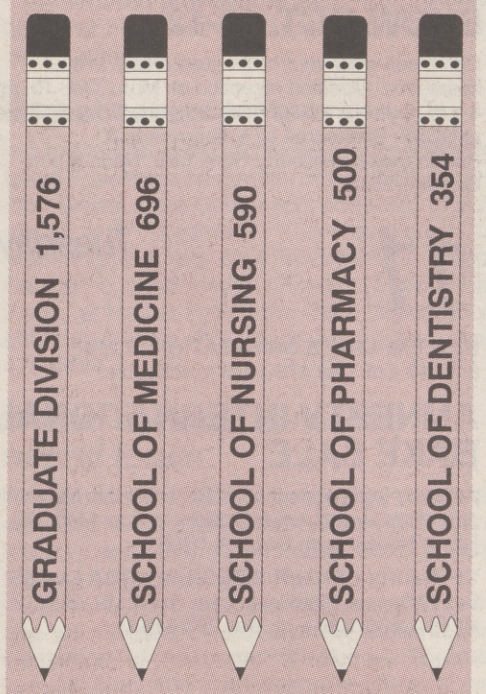
Total riders per day: **3,573**
Total riders per week: **18,092**

Figures show average riders per day on busiest routes.

UCSF

Source: UCSF Transportation Services

Student population



Source: Students Affairs, all schools

Top sellers at Moffitt Cafe & Grill

Food	Quantity consumed per month
Coffee	20,000 cups
Pizza	12,000 slices
Bacon	12,000 slices
Soup	10,000 bowls
Sandwiches	9,500
Bagels	8,000
Cookies	7,500
Yogurt	4,500 servings
Pie	2,500 pieces
Hamburgers	2,200
Brownies	1,800

Source: Ken Smigelsky, Moffitt Cafe & Grill

Today/Tomorrow

1 Saturday

SELF-DEFENSE CLASS FOR WOMEN

Nina Otis Haft, certified self-defense teacher, offers this class focusing on street-wise personal safety, defense and escape methods. Millberry Fitness Cntr. $35/$65. 10:30 a.m.-5:30 p.m. Call 476-5222 for registration information.*

LOW VISION FORUM: Lothian Furey, Neighbor to Neighbor, discusses the November ballot's "single-payer initiative." Forums are held on the first Saturday of each month. Main foyer, ACC. 11 a.m.-1 p.m. Call Frances Neer at 626-5313 for information.*

3 Monday

MILLBERRY FITNESS CENTER REGISTRATION

Registration for Fall fitness classes begins today. Millberry Fitness Desk. 7 a.m.-7 p.m. Call 476-1115*

- Mon., Oct. 3: UCSF students & Millberry members.
- Tues., Oct. 4: UCSF employees & general public.

WEIGHT MANAGEMENT PROGRAMS INFORMATIONAL MEETING: Review of weight management program options available at UCSF. A 455. 12:15-1 p.m. Call 476-9987.*

BACK & KNEE CARE

Learn to reduce the risk of injury through strengthening and stretching exercises in these hands-on workshops taught by a UCSF physical therapist. Free for Health Net members. Call 476-1115 for details.*

- Mon., Oct. 3: Back Care. 6-7:30 p.m.
- Tues., Oct. 4: Back Care. 5:15-6:45 p.m.
- Wed., Oct. 5: Knee Care. 6-7:30 p.m.
- Thurs., Oct. 6: Knee Care. 5:30-7 p.m.
- Tues., Nov. 1: Back Care. 5:30-7 p.m.
- Wed., Nov. 2: Knee Care. 6-7:30 p.m.

4 Tuesday

SF INJURY CENTER INTEGRAL YOGA CLASS: Lee Ballen, certified instructor. Rm. 2127, Bldg. 20, SFGH. 5:30-7:30 p.m. Call 285-6767.*

5 Wednesday

BROWN BAG LECTURE SERIES: *Examining Memory Loss and Dementia.* Joseph C. Barbaccia, Memory Clin. & Alzheimer Cntr. Sponsored by Campus Tours/Speakers Bureau. HSW 300. Noon. Call 476-4394.*

PARNASSUS PLAYERS AUDITIONS

UCSF's theater group, Parnassus Players, is holding open auditions for its next production, scheduled to take place Dec. 9, 10, 11, 16 & 17. Everyone is welcome. No experience necessary. Those interested in technical and production work also are welcome. C 701. 6 p.m. Call 476-1405 (day) or 863-2425 (night).*

GAY & LESBIAN HISTORY MONTH EVENTS

UCSF celebrates Gay & Lesbian History Month with the following events. All events take place in Toland Hall, some with two showings each day. Call 282-9650. (See story on page 1 for details.)*

- Mon., Oct. 3: Film: *Before Stonewall: The Making of a Gay & Lesbian Community.* Toland Hall. Noon-1:30 p.m. & 6-7:30 p.m.
- Mon., Oct. 10: *Homosexuals and the Holocaust.* Rich Beatty, Lab. Radiobio. & Env. Hlth.Noon-1:30 p.m. & 6-7:30 p.m.
- Thurs., Oct. 13: Film: *Framing Lesbian Fashion.* Sponsored by Women's Resource Cntr. Noon-1 p.m.
- Mon., Oct. 17: Film: *The Times of Harvey Milk.* Noon-1:30 p.m. & 6-7:30 p.m.
- Fri., Oct. 28: *A Look at Dance: Breaking Down Gender Walls.* Noon-1:30 p.m. & 6-7:30 p.m.

6 Thursday

DEPRESSION SCREENING

(See Upcoming Events on page 5 for details.)*

SF INJURY CENTER INTEGRAL YOGA CLASS: Lee Ballen, certified instructor. Rm. 2127, Bldg. 20, SFGH. Noon-1 p.m. Call 285-6767.*

RAPE PREVENTION EDUCATION PROGRAM PRESENTATION: *There's No Excuse.* Sue Martin, Family Violence Prev. Fund, explains the reality of famiy abuse and its impact on women and children. Toland Hall. Noon-1 p.m. Call 476-5222.*

SEP KICKOFF

The Science Education Projects kicks off its eighth year of bringing together SFUSD science teachers and volunteers from the UCSF community. Millberry Conf. Ctnr. 4-6 p.m.*

LIGHTEN UP

This 10-week program teaches healthy lifestyle habits for attaining weight goals. $75 Health Net's UCSF Medical Group & SFMG members/$99 Millberry members & students/$124 UCSF employees/$149 general public. 5:15-6:45 p.m. Call 476-0350 for information.*

ARTS & PERFORMANCES COLE HALL CINEMA: *When a Man Loves a Woman.* Children 14 & under $2; UCSF students & Millberry members $2.50; students, seniors & UCSF employees $3; general $3.50. Cole Hall. 5:45 & 8:15 p.m. (Movies subject to change.) Call 476-2542.*

7 Friday

INSTITUTE OF HEALING ARTS & SCIENCES SEMINAR: *Tantra: Sacred Sexuality.* Marylin King & Stephen Clark, gestalt therapists, explain how to awaken conscious loving within yourself and with a partner. N 721. Noon-1 p.m.*

POETS ON PARNASSUS

Fall poetry reading features campus and guest poets. Sponsored by Millberry Arts & Performances. Toland Hall. 4 p.m. Call 476-2542.*

ARTS & PERFORMANCES COLE HALL CINEMA: *When a Man Loves a Woman.* Children 14 & under $2; UCSF students & Millberry members $2.50; students, seniors & UCSF employees $3; general $3.50. Cole Hall. 6:30 & 9 p.m. (Movies subject to change.) Call 476-2542.*

8 Saturday

PRE-PHARMACY CONFERENCE

(See Upcoming Events on page 5 for details.)

WOMEN'S RESOURCE CENTER WORKSHOP: *Women's Rites: Awakening the Goddess Within.* Nancy Lupa, women's spirituality group leader, will create a sacred space and help participants connect with the goddess through visualizations and storytelling. $24-$45. C 130. 1-5 p.m. Call 476-5222 to pre-register.*

10 Monday

FACULTY/STAFF ART SHOW OCT. 10-12

Come see what your colleagues create in their spare time. Opening reception on Mon., Oct. 10, at 4 p.m. features a performance by the Gospel Choir at UCSF. Sponsored by Millberry Arts & Performances. Millberry Conf. Cntr. Noon-6 p.m. Call 476-2542.*

11 Tuesday

NEW EMPLOYEE ORIENTATION: S 214. 8:30-10 a.m. Call 476-1073 to schedule.

AMNESTY INTERNATIONAL BAKE SALE

Amnesty International at UCSF holds this bake sale and offers Urgent Action Letters to sign. Med. Sci. lobby. Noon-1 p.m. Call 566-8406.*

SF INJURY CENTER INTEGRAL YOGA CLASS: Lee Ballen, certified instructor. Rm. 2127, Bldg. 20, SFGH. 5:30-7:30 p.m. Call 285-6767.*

MEDICAL CENTER VOLUNTEER ORIENTATION: To acquaint new & potential volunteers with opportunities available at the Medical Center at UCSF. LPPI Aud. 5:30-8:30 p.m. Call 476-1196.*

MOUNT ZION VOLUNTEER ORIENTATION: To acquaint new & potential volunteers with opportunities available at UCSF/Mount Zion. Herbst Hall, MZ. 5-7:30 p.m. Call 885-7353.*

12 Wednesday

BROWN BAG LECTURE SERIES: *What's All the Fuss About Prozac?* Samuel H. Barondes, Cntr. Neurobio. & Psychr., discusses Prozac's development as a treatment for major depression and its growing use for less serious complaints. Sponsored by Campus Tours/Speakers Bureau. HSW 300. Noon. Call 476-4394.*

13 Thursday

WOMEN & HIV UPDATE OCT. 13 & 14

SF Dept. of Public Health's STD/HIV Prevention Training Center sponsors the third annual *Women & HIV Update* for health professionals. Palace of Fine Arts Theater. Call 554-9636 for information & pre-registration.*

SF INJURY CENTER INTEGRAL YOGA CLASS: Lee Ballen, certified instructor. Rm. 2127, Bldg. 20, SFGH. Noon-1 p.m Call 285-6767.*

CHILDREN'S ART SHOW OCT. 13 & 14

Second Annual Children's Art Show features art by children of UCSF staff and faculty. Ice cream reception at 4 p.m. on Thurs., Oct. 13. Sponsored by Millberry Arts & Performances & Ben & Jerry's Ice Cream. Millberry Conf. Cntr. Noon-6 p.m. Call 476-2542.*

LACA 25TH ANNIVERSARY CELEBRATION

Latin American Campus Association celebrates its 25th Anniversary with a reception. Refreshments will be served. Lange Reading Rm., Library. 5-8 p.m.*

CASINO NIGHT FIGHTS BREAST CANCER

(See Upcoming Events on page 5 for details.)*

ARTS & PERFORMANCES COLE HALL CINEMA: *Go Fish.* Children 14 & under $2; UCSF students & Millberry members $2.50; students, seniors & UCSF employees $3; general $3.50. Cole Hall. 5:45 & 7:45 p.m. (Movies subject to change.) Call 476-2542.*

14 Friday

AIRD LECTURE

Apolipoprotein E & Alzheimer's Disease: Disease Mechanisms. Allen D. Roses, Neurobio. & Neuro., Duke U. S 214. 8 a.m.

GOSPEL CHOIR TO PERFORM

The Gospel Choir at UCSF presents a lunchtime performance. Sponsored by Millberry Arts & Performances. Plaza Grill. Noon. Call 476-2542.*

INSTITUTE OF HEALING ARTS & SCIENCES SEMINAR: *The Inner Environment.* Carole Morton, therapist, explains how physical, emotional and mental energies can be used to expedite healing. N 721. Noon-1 p.m.*

ARTS & PERFORMANCES COLE HALL CINEMA: *Go Fish.* Children 14 & under $2; UCSF students & Millberry members $2.50; students, seniors & UCSF employees $3; general $3.50. Cole Hall. 6:30 & 8:30 p.m. (Movies subject to change.) Call 476-2542.*

DEVELOPMENT & TRAINING

For further information call 476-4032.

Pre-Supervisory Training. Wed. & Fri., Oct. 5, 7, 12, 14. 9 a.m.-noon. $90.

Resolving Sexual Harassment: What a Manager Needs to Know. Thurs., Oct. 20. 8:30 a.m.-noon. $15.

Materiel Management Workshop — Module II. Fri., Oct. 28. 8:30 a.m.-12:30 p.m. $50.

Working Smarter, Not Harder (Doing Your Best with Less). Wed., Nov. 2. 8:30 a.m.-4 p.m. $90.

Coping with Difficult People. Fri., Nov. 4. 8:30 a.m.-4:30 p.m. $80.

Resolving Employee Conflicts Before They Happen. Tues., Nov. 8. 9 a.m.-4:30 p.m. $80.

Payroll Workshop. Wed., Nov. 9. 8:30 a.m.-12:30 p.m. $40.

Supervising in the Workplace: Administering Consistent & Appropriate Discipline. Wed., Nov. 9. 1-4 p.m. $40.

Contracts & Grants Workshop. Fri., Nov. 11. 9 a.m.-noon. $40.

Productive Communication for Managers & Supervisors. Wed., Nov. 16. 9 a.m.-3 p.m. $70.

How to Talk So People Listen. Fri, Nov. 18. 8:30 a.m.-12:30 p.m. $55.

Medical Terminology: An Introduction. Tues., Nov. 22, 29, Dec. 6, 13. 2-4:30 p.m. $90.

Writing Job Descriptions & Understanding Classification Concepts. Wed., Nov. 30. 8:30 a.m.-12:30 p.m. $40.

CONTINUING EDUCATION

MEDICINE

For program information call 476-4251. To register call 476-5808 unless otherwise noted.

Developmental Neurobiology & Its Disorders. Sheraton Palace Hotel, SF. Oct. 9.

The Skin from A to Z: Tips on Practical Therapy and Office Techniques. Laurel Heights Aud. Oct. 15-16.

Ninth Annual Primary Care Medicine: Principles & Practice. Ritz-Carlton, SF. Oct. 19-21.

Occupational & Environmental Medicine III. Miyako Hotel, SF. Oct. 24-28.

Gastroenterology: Advances in Diagnosis & Management. ANA Hotel, SF. Oct. 28-29.

Twenty-Third Annual Topics in Emergency Medicine. Miyako Hotel, SF. Oct. 31-Nov. 4.

UC Otolaryngology Update: 1994. Ritz-Carlton, SF. Nov. 3.

Update in Electrocardiography & Arrhythmias. Ritz-Carlton, SF. Nov. 4 & 5.

Fourth Triennial Symposium on New Directions in Antiviral Chemotherapy. Ritz-Carlton, SF. Nov. 10-12.

The 40th Annual Group Therapy Symposium. Union Square Holiday Inn, SF. Nov. 11-13.

Stabilization & Management of the Critcally Ill Child. Mark Hopkins Hotel, SF. Dec. 3-4.

Clinical Care of the AIDS Patient. Sheraton Palace Hotel, SF. Dec. 8-10.

Controversies in Women's Health. Ana Hotel, SF. Dec. 8-9.

The 19th Annual Neurosurgery Postgraduate Course & 13th Annual Neurosurgical Nurses' Conference. Hyatt Regency, SF. Dec. 8-9.

New & Practical Approaches to Glaucoma Management. Ritz-Carlton Hotel, SF. Dec. 8-10.

Clinical Care of the AIDS Patient. Sheraton Palace Hotel, SF. Dec. 8-10.

DENTISTRY

For further information call 476-1101.

Radiation Safety for You & Your Patient. UCSF. Oct. 15.

Selection & Use of Today's Dental Materials. UCSF. Oct. 22.

Dentistry in the Age of DNA: Practical Use of Molecular Technologies in Clinical Dentistry. Grand Hyatt, SF. Nov. 5.

Periodontal Case Management: Expanding Current Concepts. Stockton Hilton. Nov. 18.

Pharmacology & Therapeutics for the General Practitioner. UCSF. Nov. 19.

AIDS/ARC/HIV+ SUPPORT

Anonymous & confidential caring, support & training for people with AIDS, those who have tested HIV positive & others affected by the epidemic. Sponsored by UCSF AIDS Health Project. Call 476-6430.*

Individual Risk Assessment & Referrals. By appointment.

Facilitated 8-week Groups. For anyone affected, at risk or infected.

Drop-in Group for the Recently Tested.

Positives Being Positive. Support groups in the community meet regularly. Call 476-3902.

THE NEXT DEADLINE

Tues., Oct. 4, 1994 is the next deadline for items to be listed in the next calendar, which covers **Oct. 15-28, 1994** (two weeks). Complete information must be received in our office in writing by 11 a.m. on that Tuesday. Mail your copy to Michele Firpo at Box 0462, send a fax to 476-3541, bring it to UCSF/Laurel Heights, 3333 California St., Suite 103 or call 476-3257.

October 1-14, 1994

REGULAR MEETINGS & ONGOING SUPPORT GROUPS

MONDAY

JEWISH WOMEN'S DIALOGUE GROUP: Meets every other Monday. Call 476-6423 for dates & locations.*

UCSF STAFF COUNCIL MEETING: Meets second Monday of each month. Noon-2 p.m. Call 476-5756 for more information.

FRIENDS OF LOIS AL-ANON MEETING: Closed meeting: for friends & families of alcoholics only. Conf. Rm. A, 3rd fl., MCB. Noon. Call 626-5633.*

COLO-RECTAL CANCER SUPPORT GROUP: Meets on the second and fourth Mondays of each month. Reservations must be made at 929-7114. No drop-ins will be allowed. UCSF/Mount Zion Cancer Center, 2356 Sutter. 6:30 p.m.*

UCSF AIDS HEALTH PROJECT MEDITATION & SELF-HYPNOSIS WORKSHOP: Weekly discussion group for anyone dealing with HIV or AIDS in themselves or others. Gazebo Rm., Davies Med. Cntr. 7-9 p.m. Call 476-3902.*

TUESDAY

SFGH CIRCLE OF SISTERS: Networking forum for black women working & studying at UCSF/SFGH. Meets monthly at noon. Call 476-5222 for dates & location.

MULTIPLE HELPERS OUTREACH NETWORK SUPPORT GROUP: For victims & survivors of violent trauma. Ages 15 & over. A 222, LPPI. 10 a.m.-noon. Help-line at 759-7923 provided daily, 7 a.m.-10 p.m.*

CAMPUS AMNESTY INTERNATIONAL MEETING: Meets first Tues. of each month. MU 111W. Noon-1 p.m. Call 566-8406.*

OVEREATERS ANONYMOUS MEETING: OA literature & discussion meeting. N 617. Noon.*

PARKINSON'S DISEASE EDUCATION & SUPPORT GROUP: For people with Parkinson's & their caregivers. Third Tues. of the month. Christ Church, Lutheran, 1090 Quintara (at 20th Ave.). 2-4 p.m. Call 476-9276.*

BREAST CANCER SUPPORT GROUP: For women diagnosed or being treated at UCSF/Mount Zion or UCSF/Parnassus. Meets every Tues. UCSF/Mount Zion Cancer Cntr., 2nd. fl., 2356 Sutter (near Divisadero). 5:30-7 p.m. Pre-registration necessary. Call 885-3693 or 388-3742.*

NURSES' PAIN ASSOCIATION MEETING. Meets the second Tuesday of the month. S 22. 5:30-7:30 p.m.*

BRAIN TUMOR SUPPORT GROUP: First Tues. of the month. S 758. 7:30-9 p.m. Call 284-0208.*

WEDNESDAY

GAY, LESBIAN, BISEXUAL ASSOCIATION AT UCSF MEETING: Meets second Wednesday of each month. Members of the Chancellor's Committee on Gay, Lesbian & Bisexual Issues will be present. Call 282-9650 for more information.

"AT THE HEART OF IT" CARDIAC SUPPORT GROUP: For heart patients to share experiences, successes, concerns & anxieties. An ongoing six-week series. Call Kathleen Congdon at 885-7227.*

SUPPORT GROUP FOR FAMILY/FRIENDS OF THOSE WITH MENTAL ILLNESS: Open to anyone interested in learning more about psychiatric disorders & their treatments. Call Laura Deering-Mayclin at 476-7394 for more information.*

LATIN AMERICAN CAMPUS ASSOCIATION MEETING: Meets second Wednesday of each month. HSW 508. Noon. Call Al Lopez at 476-1334.

LATIN WOMEN COALITION: For Latina faculty, staff & students. Noon-1 p.m. Call Betty Jerez at 476-7117 for meeting places & dates.*

PARNASSUS AL-ANON MEETING: For friends & families of alcoholics. Observers welcome. C 417. Noon-1 p.m. Call 626-5633.*

STEP-FAMILY SUPPORT GROUP: For parents & step-parents. Call Sandra Norberg at 476-6389 for dates and location.*

ALCOHOLICS ANONYMOUS MEETING: Closed meeting: alcoholics only. Conf. Rm. A, 3rd fl., MCB. 12:05 p.m. Call 621-1326 for more information.*

MULTIPLE HELPERS OUTREACH NETWORK SUPPORT GROUP: For victims & survivors of violent trauma. Ages 15 & over. Two locations & times: A 222, LPPI, 1-3 p.m., and N 517, 7-10 p.m. Help-line also provided daily, 7 a.m.-10 p.m. at 759-7923.*

DIRECTIONS: For women newly diagnosed with breast cancer. Meets every Wed. Begining Oct. 26. UCSF/Mount Zion Cancer Cntr., 2nd. fl., 2356 Sutter (near Divisadero). 5-6:30 p.m. Pre-registration necessary. Call 885-3693 or 885-7498.*

SUPPORT GROUP FOR RAPE SURVIVORS: Sponsored by Women's Resource Cntr. Meets every Wednesday. $180 for ten sessions. Intake interview required. 6-8 p.m. Call 476-5222 for location & to pre-register.*

EATING DISORDERS SUPPORT GROUP: Open to anyone dealing with an eating disorder in themselves or others. Meets every Wednesday. M 688. 7-8:30 p.m. Call 332-3425.*

CO-DEPENDENTS ANONYMOUS MEETING: A twelve-step program for people who have dysfunctional long-term relationships. Meets every Wednesday. LP 01 (LPPI basement). 8-9:30 p.m. Call 432-3529.*

THURSDAY

LESBIAN LUNCH GROUP: Monthly on Thursdays. Call 476-5222 for meeting dates & locations.*

HEAD & NECK CANCER SURGERY SUPPORT GROUPS: Separate groups for patients and patients' families meet simultaneously and weekly on Thursdays. UCSF/Mount Zion Cancer Cntr., 2356 Sutter, 2nd fl. 1-2 p.m. Call 885-7623.*

SUPPORT GROUP FOR WOMEN LIVING WITH LIFE-ALTERING ILLNESS: Alternate Thursdays. 6-8 p.m. Call 775-2854 to preregister & for locations.*

FRIDAY

CIRCLE OF SISTERS: Networking forum for black women working & studying at UCSF. Most Fridays. Noon-1 p.m. L 535. Call 476-5836.

ALCOHOLICS ANONYMOUS MEETING: Closed meeting: alcoholics only. C 417. 12:10-1 p.m. Call 621-1326 for more information.*

LAKESIDE SENIOR MEDICAL CENTER CAREGIVER SUPPORT GROUP: Meets on the first Friday of each month. $10 per meeting. 2501 Ocean Ave. at Junipero Serra. 2-4 p.m. Call Edith Kaplan at 986-2305.*

For information on 12-step and support groups (other than AA and Al-Anon), call the Mental Health Association of San Francisco at 921-4044.*

ITS COMPUTER CLASSES

Information Technology Services sponsors these classes. Call 476-20112 for class descriptions and registration forms.

- Wed., Oct. 5: I*ntroduction to Word for Windows 6.0* (PC). $170. 9 a.m.-4 p.m.
- Fri., Oct. 14: *Beginning Microsoft Excel 4.0* (Macintosh). $195. 9 a.m.-4 p.m.
- Tues. & Fri., Oct. 18 & 21: *Intermediate Word for Windows 6.0* (PC). $170. 9 a.m.-noon.
- Wed., Oct. 19: *Intermediate Microsoft Excel 4.0* (Macintosh). $195. 9 a.m.-4 p.m.
- Mon., Oct. 24: *Introduction to WordPerfect for Windows 6.0* (PC). $170. 1-4 p.m.
- Thurs. & Fri., Oct. 27 & 28: *Introduction to Microsoft Word 5.1* (Macintosh). $160. 1-4 p.m.

BREAST CANCER SCREENING SCHEDULE

Women can have low-cost mammograms — X-rays to screen for breast cancer — from a mobile van that travels to convenient locations in the Bay Area.

Women need the approval of their physician to have the mammogram, in addition to their doctor's full name, address (including room number & zip) and phone number to assure that results are mailed promptly. The procedure takes approximately 20 minutes and costs $60. To make an appointment call 476-2193 between 9 a.m. & 3 p.m.*

Because the service has become so popular and appointments are filled by the time this calendar is published, we list only dates when the van will be at UCSF locations and when appointments are still available:

- Mon. & Tues., Nov. 7 & 8: UCSF/Laurel Heights, 3333 California St.
- Fri., Nov. 11: UCSF/Parnassus at Medical Center Way.

Upcoming Events

Depression screening

To coincide with National Depression Screening Day, LPPI will offer free screenings on Thursday, October 6, from 10 a.m. to 2 p.m. in Rm. 254.

The screenings are an effective community outreach tool to encourage people to learn about the illness, feel less stigmatized by it and find out how to seek further psychiatric evaluation and treatment.

Now in its fourth year, the national screening day is held to try to help more than 15 million Americans who suffer from severe depressive illness annually. Last year, LPPI screened nearly 100 people, says mental health nurse Laura Deering.

For more information, call her at 476-7394.

Minority pre-pharmacy conference set

Student Academic Services and the School of Pharmacy are co-sponsoring the 1994 Minority Pre-Pharmacy Conference on Saturday, October 8, from 10 a.m. to 3 p.m.

The purpose of the conference is to increase the number of historically underrepresented African-American, Filipino, Latino and Native-American students applying to the UCSF School of Pharmacy.

The conference will be held in Rm. S 214. All participants must RSVP by Friday, September 30. For more information, call 476-2733.

Casino night for cancer

"Celebrate the Women in Your Life," a benefit to raise money for breast cancer research at UCSF, will take place on Thursday, October 13, from 7 to 11 p.m., at the San Francisco Gift Center.

The gala casino night is sponsored by Women in Cable, the national organization of women in the cable television industry, and the Lifetime cable channel.

Sponsors hope to raise $50,000 for UCSF's Breast Cancer Research Fund, an endowment established to support innovative laboratory research in breast cancer.

The event is the brainchild of breast cancer survivor Lynette Simpson, who was treated at UCSF. It will be one of many activities recognizing October as Breast Cancer Awareness Month.

Tickets for the casino Night are $75. For more information or to purchase a ticket, call the UCSF Cancer Research Institute at (800) 745-4673.

Family health fair

The public is invited to the October Celebration Family Health and Safety Faire to be held on Saturday, October 15, from 10 a.m. to 3 p.m. at the Columbia Boys and Girls Club at 450 Guerrero St.

Presented by the 16th Street Revitalization Project, the free event is co-sponsored by UCSF Public Service Programs, a division of Public Affairs.

UCSF's health services at the fair include anonymous HIV testing, training on self-breast examinations, spirometer testing for lung capacity and function, dental and vision screening, blood pressure testing, prenatal care and immunization information and referrals.

All services provided by UCSF will be bilingual. For more information, call Martha Geraty at 476-4394.

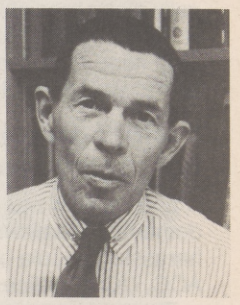
Breast cancer lecture

In honor of Breast Cancer Awareness Month, Laura Esserman, co-director of the UCSF/Mount Zion Breast Care Center and professor of surgery, will present, "Controversies in Mammography and New Treatments in Breast Cancer," on Wednesday, October 19, from 1 to 2 p.m. at Herbst Hall at the UCSF/Mount Zion Medical Center. For more information, call 476-4394.

Wilson honored at health reform forum

The public is invited to a symposium on health care reform to honor Charles Wilson, director of tertiary care services, on Friday, Oct. 21, from 1:30 to 4:30 p.m. at Cole Hall.

Victor Fuchs, a professor at Stanford University, will discuss "Health System Reform: The Challenge of Academic Medicine"; Thomas Langfitt, chair and chief executive officer of the Glenmede Corp. in Philadelphia, will discuss "The Academic Health Center in the Clutches of Managed Care"; and Philip Lee, assistant secretary of Health and Human Services; will present "Healthy People, Healthy Communities."



Wilson

This event is in honor of Charlie Wilson's 26 years as chair of the Department of Neurological Surgery.

UC Health Net presents Roach

Mack Roach, assistant professor of radiation oncology, will present his award-winning paper, "Race and the Cancer Research Literature: The Impact on Health Care Delivery and Policies," at a UC Health Net lecture slated for Monday, October 24, from 3 to 5 p.m.

Free and open to the public, the lecture will be held in the Medical Sciences building, Rm. 214.

Roach is one of six UC faculty recipients of the 1994 UC Health Net Wellness Lecture Awards for research. The award carries a cash prize of $2,500 plus $1,000 for research assistance. Each will lecture at his/her campus in October.

UC and Health Net, the state's second largest health maintenance organization, co-sponsor the awards program to support research that addresses policy implications or service issues for improving the health of Californians through wellness efforts.

The lecture series is administered by the UC Office of Health Affairs and is funded by a grant from Health Net. This year the grant is $225,000.

Lecturers are chosen through a competitive grant process by a systemwide committee that selects one awardee from the faculty at each of UC's six health sciences campuses at Berkeley, Davis, Irvine, Los Angeles, San Diego and San Francisco. They will meet later with community representatives and other health experts to focus on issues raised by the research and resulting health policy implications.

For more information on the lecture, call Denine Bell at 476-2342.

Meeting to mix medicine & faith

To encourage dialogue between religious and health care professionals toward enhancing both clinical care and counseling skills, Mount Zion Health Systems Inc. is co-sponsoring a conference entitled "Medicine and Faith in a Multicultural Society." The conference will be held at Fort Mason Conference Center on Monday and Tuesday, October 24 and 25.

Key speakers include Sandra Hernandez, director of the San Francisco Department of Public Health; Jay Luxenberg, associate clinical professor of medicine at UCSF/Mount Zion Medical Center; Rabbi Amy Eilberg, director of Jewish Hospice Services; Rev. Richard Gula, priest and professor at St. Patrick's Seminary and David Smith, founder and president of the Haight Ashbury Free Clinic.

Mount Zion Health Systems Inc. is a charitable organization that serves the health-related needs of the community, with special emphasis on serving the needs of the Jewish community, particularly through UCSF/Mount Zion.

For more information and registration details, call 750-4105.

Center on Aging hosts health care forum

The UCSF/Mount Zion Center on Aging will present a half-day conference on "Chronic Illness, Depression and the Elderly," Saturday, Oct. 29, at the Laurel Heights Conference Center.

The program is designed to present current research information and treatment strategies for depression, the chronically ill, and older patients. It is intended for a multidisciplinary audience including physicians, nurses, social workers, pharmacists and others interested in the health care of the elderly.

The program will be followed by a private reception and docent tour for conference attendees and their guests at the Asian Art Museum in Golden Gate Park. The deadline for early registration is Saturday, Oct. 8. For more information, call Mary Henderson at 750-4170.

Crime Corner

Electronic security system protects babies

The recent episode of kidnapping at SFGH has sparked interest in how babies are protected at the Medical Center.

The Crime Prevention Section coordinated by Christine Yee worked with Medical Center personnel to develop and implement an electronic infant security system which was installed early this year. The system electronically alerts medical care staff when an infant is removed without authorization from the 15th floor. Also, the entire floor is monitored with closed circuit television at all exits.

Patient arrested for harassment at ACC

A patient, who was reportedly suffering from dementia, was arrested September 21 for harassing people on the second floor of the ACC, UCSF police say.

The patient reportedly asked a woman in the pediatrics outpatient unit if he could take her baby to Mexico. This resulted in the patient being escorted out of the area by staff before police were called. The patient then went to the vending area on the I-level where he allegedly committed a battery on a woman, according to Sgt. Lorin Stracke.

The woman was uninjured. The patient was arrested and taken to county jail.

Bookstore thief goes free

UCSF Police responded September 21 to the Millberry Union bookstore after a witness reported that a suspect allegedly stole supplies.

But the witness who identified the suspect to bookstore employees left before police arrived to investigate.

Annual safety fair educates employees

Christine Yee, left, personal safety coordinator of the UCSF Police Department, discusses safety tips with Elsa Velasco, center, and Jeanette Howard, both of Nurtition and Dietetics, during the fourth annual campus safety fair held in the Moffitt Cafe and Grill. The fair educated employees about crime prevention and personal protection from fires and earthquakes.

Police were unable to make an arrest because a witness is needed to file a citizen's arrest form.

The suspect was released, according to Sgt. Lorin Stracke.

Police introduce new CATCH hot line

The UCSF Police Department has a new hot line service for people anonymously to report suspicious activity.

The Crime Activities & Tips Campus Hot line (CATCH) is a voice mail phone line designed to receive safety and potential crime concerns from faculty, staff and students. The number is 502-4382.

All calls received are reviewed daily and investigated accordingly.

Any requests for emergency service that need immediate assistance should still be directed to UCSF Police at 476-6911. Contact the Crime Prevention Section at 476-5683 or 476-8901 if you have additional questions regarding crime or your personal safety.

Tips for elevator safety

• Check the elevator before entering. Wait for the next elevator if you are suspicious of any occupant.

• When riding in the elevator, stand near the control panel if possible. If accosted, press all the buttons, including the alarm.

Nelson witnesses crime bill signing

UCSF Police Chief Ron Nelson witnessed President Clinton signing the national crime bill at the White House September 13.

Nelson, 63, was among dozens of law enforcement officials invited to the signing of the landmark legislation that will provide more policing throughout the nation.

Nelson's 38-year career in law enforcement includes 20 years with the Los Angeles Police Department and a seven-year stint as police chief in Berkeley. He is past president of the National Organization of Black Law Enforcement Executives and currently chairs the Commission on Accreditation for Law Enforcement Agencies. He is a member of the International Association of Chiefs of Police.

A resident of Berkeley, Nelson was hired as chief of the UCSF Police Department in October 1990. Today the department employs 64 officers and administrative personnel.

Pint for Pint: Blood drive set for Oct.18

People who give blood during the next campus blood drive on Tuesday, October 18, will get a coupon for a pint of Ben and Jerry's ice cream or yogurt.

Donors may donate during the day at their own convenience at blood donation sites in the Millberry Union Conference Center from 8 a.m. to 7 p.m. Personal identification is required.

Blood donation raffle prizes, a pair of gift certificates for $50 each at the Washington Square Bar & Grill, are donated by the Associated Students, UCSF and the Washington Square Bar & Grill.

The campus blood drive on April 12 yielded 160 units of blood. Campus blood drives are sponsored by the Irwin Memorial Blood Centers and coordinated by Campus Tours and Speakers Bureau.

Swinging senior inspires others at US golf tourney

By ELIZABETH BELL

Corbin Cherry, chief of chaplains at the VAMC, was overwhelmed with tears recently as he took to the golf course at the US Senior Open.

"How good golf has been to me!" the amateur golfer recalls of the major tournament. "I was inspired by all of the great names that had been where I was and the humbling experience of it all."

The veteran, a former Army chaplain who lost his leg in 1969 to a land mine in Vietnam, was himself a source of inspiration for those who watched him play in the prestigious tournament in Pinehurst, North Carolina. Parents pushed their children in wheelchairs around the golf course to see Cherry, who was proud to walk the greens with his heroes: Palmer, Nicklaus and Trevino.

Believed to be the first amputee to play at the senior tournament, Cherry takes his accomplishment in stride.

"I knew I would play golf again after I lost my leg," Cherry says. "I was in the hospital for 90 days without getting out of bed when I got back from Vietnam. I finally went home on a Wednesday and was out hitting the ball on one leg on Thursday."

The Mill Valley resident finished with the highest score in the tourney, and received nearly 30 phone calls from families of people who have experienced an amputation and wanted to hear more about his experiences and to benefit from his support.

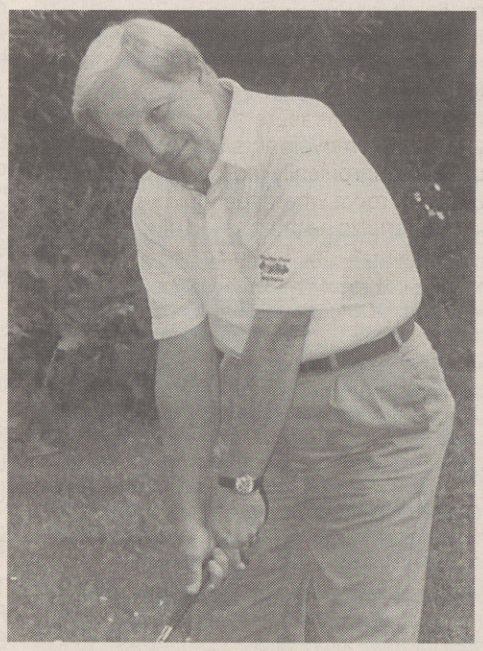
A full-time chaplain at the VAMC for 12 years, Cherry is among a staff of seven devoted to counseling patients and their families.

Cherry, 56, became eligible for the national tournament as an alternate when a tour professional dropped out. He was selected from more than 350 alternates on the basis of his score of 76 during the qualifying round.

While Cherry was disappointed with his final score of the tournament, it goes against his nature to dwell on the negative. He is hoping to qualify again next year and improve his score.

"If I do qualify, I'll play much better because I've got some experience under my belt," he says.

Indeed, Cherry continues to practice his game at the Presidio, where he recently shot his 10th hole in one.



Corbin Cherry

UCSF's beautiful sites get awards

UCSF's Laurel Heights site and the comfort garden at SFGH received beautification awards from San Francisco Beautiful, a private, non-profit urban design and beautification organization.

Representatives from both UCSF Laurel Heights and the SFGH comfort garden will accept the award at a special dinner and reception on Tuesday, October 4, at 6 p.m. at the San Francisco Hilton Hotel. The ceremony will feature keynote speaker Gianni Longo, an internationally known urbanologist.

Each year, San Francisco Beautiful presents awards to 10 homeowners, gardeners, businesses or institutions in San Francisco who cultivate and maintain an aesthetically pleasing outdoor space.

UCSF Laurel Heights is a 10.8 acre site whose lawns, shrubbery and flowers are designed and maintained by the Gardeners Guild. Expansive landscaping softens a parking area and entrance-way perennials invite visitors.

UCSF/SFGH's comfort garden, created by head gardener Joan Varney with city gardeners Alain Kinet and Bill Peters, is an oasis of flowers and shade with camellias, rhododendrons, bonsai, maples and a cherry tree. This meditation garden, located along 22nd Street between buildings 80 and 90, serves visitors, staff and patients alike.

For more information about the award or the awards dinner ceremony, call SFB at (415) 421-2608.

Softball nets $1,500

More than $1,500 was raised during the third annual softball tournament, "Go to Bat for Kids," held August 13 at McGinnis Park in San Rafael.

The money will go toward the Pediatric Transplant Fund, which benefits needy families with children who receive transplants at UCSF. From about 200 players competing on 10 teams, a team from the Nursing Department finished in first place followed by a team from Fort Miley VA. A team of boys from Berkeley finished in third place, according to Alfred Scardino, a hospital lab assistant in the transplant unit. To date, the tournament has garnered more than $5,000 for the fund.

Moffitt cafe wants input on food

The Moffitt Cafe and Grill will be conducting a campuswide survey from October 1 to 14 to find out what people want from the cafeteria.

Prizes will be awarded to some people whose ideas or suggestions are used.

Survey forms will be available in the cafeteria beginning Saturday, October 1. A collection box will be located at the tray return carousel, or mail comments to Box 0212.

In other cafeteria news, Tim Dineen, senior food service supervisor, announces that frozen yogurt will be half-price the week of October 2 through 8 to celebrate National Healthcare Food Service Worker Week.

Policy *(from page 1)*

to stop a playground activity — familiar to thousands of elementary school students — flipping up the dresses of female classmates. In the final analysis, early education is the beginning point and it is about *respect."*

Sisco-Smith says that UCSF's investigational procedures must and will improve. The process cannot be left to subjectivity. Each case certainly has its own facts and circumstances, but the process for weighing information and determining whose information to include deserves consistency in practice.

Fund Performances

For those invested in the 403(b) Plan and the After-tax plan, here are the latest unit values and monthly factors (as of August 31, 1994). The new annualized yield reflects the annual yield that could be achieved if the current monthly rate were compounded for one year.

	Monthly Factors	Annual Rate	Annualized Yield
Savings	.0055	6.48%	6.59%
Money Mkt	.0039	4.56%	4.60%
ICCF	.0064	7.53%	7.69%

	Unit Values	12-Month Change	3-Year Avg. Annualized Return
Bond	$59.73	-9.7%	9.6%
Equity	$105.45	7.8%	10.5%
Multi-Asset	$14.88	3.1%	8.5%

The investment results, as measured by total return figures given above, represent past performance and should not be considered indicative of future results. If you have questions, please call 476-9256.

Fun Zone

Massage for stress

UCSF employees can win a free office massage by entering an essay contest. Essays should begin with, "The people in my office are stressed out because...." All entries should be 100 words or less and must include the author's name, box number and work phone number. Essays should exclude any personal references to bosses, co-workers or difficult customers. Entries will be judged on empathetic responses of judges. Essays should be returned to Office Massage, Box 0234.

OU to relocate Oct. 3

Outdoors Unlimited permanently will relocate to the basement of the campus library the week of Oct. 3. To visit OU on foot, walk down the library ramp near the corner of 3rd Avenue and Parnassus. Information: 476-2078.

Fall fitness classes

Registration for fall exercises classes at the Millberry Fitness Center begins Mon., Oct. 3, for UCSF students and Millberry members and Tues., Oct. 4, for UCSF employees and the public. Information: 476-1115.

That's entertainment

Entertainment coupon books are on sale now to benefit the Hospitals Auxiliary of the Medical Center. The book contains more than 100 discounted and two-for-one deals for dining, leisure activities and travel. Cost is $40. Proceeds help fund patient amenities. Information: 476-4906.

Medsounds Continued

News to use: How to stay healthy while traveling abroad

Most people pack their passports before a sojourn abroad but forget about the first aid kit.

To be prepared and to be protected from diseases around the world, talk to Suzan Stringari, a faculty nurse practioner, who works at UCSF's Travel Medical Practice.

A division of the Tropical Medicine and Infectious Disease Practices, the clinic offers immunizations and advice based on recommendations of the World Health Organization and US Public Health Service. Here are some rules for the road:

• Consult with a professional travel advisor, especially if the journey will be three weeks or longer to exotic destinations. Allow four to six weeks before the trip to get necessary immunizations, supplies and information for protection.

• Get immunized. Know immunization requirements for travel to specific countries. International travelers should have current immunizations against tetanus, diphtheria, polio and measles. For travel to parts of Africa, South America or Asia, yellow fever or cholera vaccines may be required along with official documentation of vaccination. In special circumstances other vaccines including typhoid, plague or rabies may be required.

• Get acclimatized. Gear up for the climate and cultural changes of a foreign land by getting plenty of rest and wearing appropriate clothes. To avoid altitude sickness, stay well hydrated and sleep overnight in a high altitude before doing strenuous exercise. To reduce the effects of jet lag, avoid caffeine or alcohol and drink plenty of fluids. The biological clock favors traveling westward over eastward because it's easier to stay awake than it is to fall asleep.

• Beware of the sun. Use sunscreen on key areas such as the nose, ears, scalp, lips and brows. Avoid the sun from 10 a.m. to 2 p.m. when ultraviolet rays are strongest.

•Guard against bugs. Travelers to the tropical and subtropical lowland rural areas are most at risk for malaria. There are no immunizations against malaria, which is spread by mosquitoes who prey between dusk and dawn. While outdoors, wear long pants and long-sleeved shirts. Don't walk barefoot. Use insect repellent on exposed skin. Sleep in screened areas and use bed nets. Apply any repellent that contains 30 percent DEET to exposed skin.

• Beware of the water. Generally, hot tap water is safe for bathing. For infants, boil the water first. Avoid swimming in fresh water because of a worm infection in tropical regions including Africa, the Nile River Valley, Amazon regions of South America and the Yangtze River Valley in China. Generally, chlorinated pools are safe. Drink or brush teeth with only purified, bottled or disinfected water. Canned or bottled carbonated beverages are not always safe. Ice may be contaminated. To purify water, boil it rapidly for five to 10 minutes, or use iodine tablets. Buying purified water is easier yet.

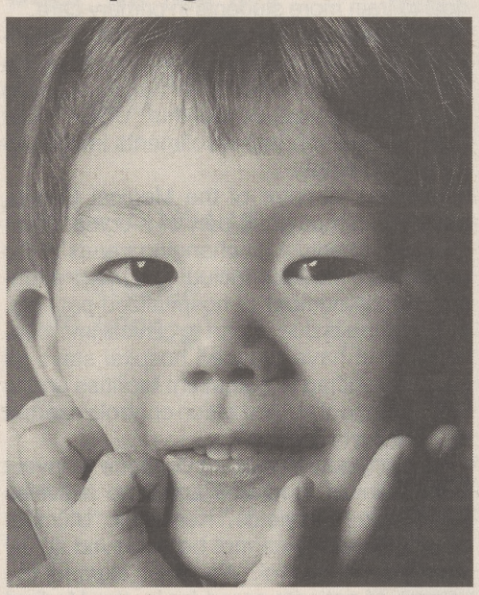
Suzan Stringari

• Be diet conscious. Avoid sidewalk vendors or steam table buffets because they carry a high risk for bacteria. Eat food that has been cooked thoroughly and is served hot. Fruit and vegetables may be eaten raw if cleaned yourself. Don't buy them already sliced since the skin acts like a natural protectant that doesn't allow microbes to infiltrate. Avoid milk and dairy products because they generally are unpasteurized and may transmit diseases.

• Don't overdo it. The two top causes of death while on vacation are: heart attack or stroke and motor vehicle accidents.

For more information, call the Traveler's Medical Practice at 476-5787.

Campaign *(from page 8)*



Justin Wong is one of several people featured in UCSF's advertising campaign.

aged 29 to 49 in San Francisco and northern San Mateo county, according to campaign coordinator Janet Norton of Public Affairs.

Taking a personalized approach showing families and children, the ads are designed to appeal to women. Marketing studies reveal women are more likely to have a gynecologist and pediatrician than they are to have a primary care physician, she says.

Heavy blitz coming

The campaign's first advertisements will run in the *San Francisco Chronicle* and the *San Francisco Examiner.* Ads also will appear throughout the City on billboards, in MUNI and BART stations and bus shelters and on the sides of buses.

One-minute commercials featuring the voice of John Crawford, well known for his man-on-the-street spots for Pacific Bell Yellow Pages, will air on a variety of radio stations. These commercials will air throughout the day with heavy emphasis during drive time.

The slogan and ads refer to the Medical Group and UCSF's multiple locations.

In addition, about 135,000 households in San Francisco will receive direct mail campaign brochures as well as be exposed to the publicity in UCSF's community newsletter, *To Our Neighbors,* produced by Public Affairs.

Each ad has a call for action asking people to talk to their benefits managers or call a hot line number to select health plans offered by UCSF and to designate UCSF Medical Group as their primary care provider.

The campaign slogan — "The World's Best Neighborhood Hospital" — was tested and found favorable by two focus groups containing a culturally diverse mix of consumers, Norton says. The slogan and ads refer to the Medical Group and UCSF's multiple locations.

One of the more interesting tidbits to surface from the focus groups is that members say they appreciate receiving care at an academic medical center since they can talk about their health needs with residents and interns as well as their own attending physicians.

The UCSF Medical Group and the UCSF Medical Center are spending about $750,000 from patient care revenues to finance the campaign. No state appropriations will be used. The campaign is considered a cost-effective means of business promotion since it is expected to reach 60 percent of the targeted audience about 10 times. To control costs, UCSF will not advertise on television, explains Norton.

Mt. Zion directories available now

The Mount Zion telephone directories are available for pick up now. Please drop by the Mount Zion mail room to get a copy between the hours of 9 a.m. and 4 p.m. Monday through Friday.

Sleep *(from page 8)*

complaints. This appointment is more useful if the patient's sleeping partner is able to attend to shed more light on the sleep habits, he says. If an overnight sleep study is warranted, it will be scheduled for a later date.

Patients stay overnight in one of two newly remodeled rooms where they are hooked up to a myriad of electrodes and other devices designed to measure their breathing, brain waves, eye movements and heart rate. The data is electronically fed into computers in an adjacent room where technologists organize the material to be interpreted by Claman. This information allows for accurate diagnosis and individualized treatment, he says.

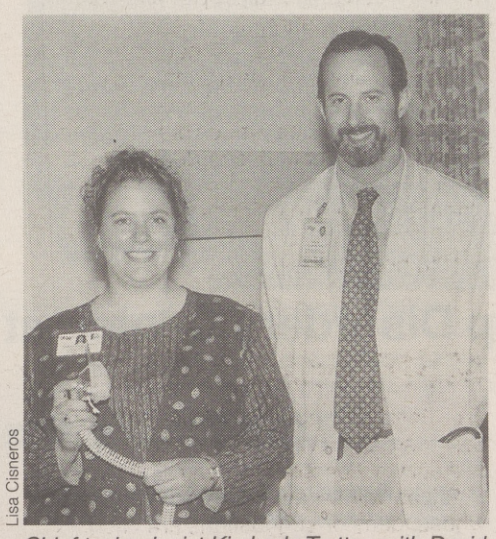
Types of sleep disorders and treatments include:

• Obstructive sleep apnea: Occuring in about 4 percent of men and 2 percent of women in the general population, obstructive sleep apnea is a common disorder caused by a blocked breathing passage during sleep. Typical symptoms include loud snoring, sleepiness during the day, high blood pressure, obesity and frequently waking up in the morning with headaches. This disorder may cause cardiovascular disease, higher risk of auto accidents and decreased quality of life if untreated. The most effective treatment is having the patient wear a mask called the Continuous Positive Airway Pressure or CPAP while sleeping.

• Narcolepsy: Research has identified a genetic marker which is associated with narcolepsy, which is most often first experienced during the teenage years. It is characterized by excessive and uncontrollable sleepiness and is often associated with brief periods of muscle weakness during the day and vivid dreams during daytime naps. Proper diagnosis and treatment are essential. Treatment includes planned naps and medication when necessary.

• Insomnia: Brief periods of insomnia are common, but some people are chronically affected. Patients with severe and consistent insomnia may benefit from formal sleep evaluation, a regimented sleep-wake schedule and relaxation techniques. Insomniacs should avoid naps, alcohol and caffeine.

• Periodic leg movements of sleep: Kicking movements of the legs which occur every 20-90 seconds. It's related to restless legs syndrome, which is described as achiness in the legs and can cause insomnia. Treatment for these types of disorders is medication. Some patients benefit from a warm bath before going to bed.



Lisa Cisneros

Chief technologist Kimberly Trotter, with David M. Claman, shows the CPAP.

Sisters *(from page 8)*

brain tumor stemming from the disease.

Diagnosed in 1993, both sisters were referred to UCSF surgeons Robert Jackler and Lawrence Pitts, who have performed surgery to remove acoustic neuromas nearly 400 times. But despite that experience, both surgeons and patients knew that the chance of successfully removing the tumors without causing permanent nerve damage was slightly better than one in three.

Last summer Pitts, vice chair and professor of neurosurgery, and Jackler, an associate professor of otolaryngology and neurosurgery, successfully removed an almond-sized tumor from the right ear of each sister. This June the UCSF surgeons preserved the hearing in Katie's left ear by again performing the same operation. Last month, the acoustic neuroma was removed successfully from Leslie's left ear.

To gain access to the tumor, the surgeons open the skull just above the ear, gently hold back the brain, and meticulously remove a small amount of the bone near the hearing and facial nerves. They carefully tease the tumor away from the nerves and remove it. The surgeons view the tumor, nerves and surrounding tissue through a microscope.

Only since about 1950 has it been considered possible to preserve the facial nerve, and only in the past two decades has the hope of preserving hearing been considered realistic. Today, death from complications of surgery occurs only rarely and the facial nerve can be saved. All of Pitts' and Jackler's acoustic neuroma patients have survived and 90 percent have retained normal or near-normal facial nerve fuction.

Patient care is coordinated through the UCSF Neurocutaneous Clinic, established last year to serve the complex diagnostic and follow-up needs of persons with disorders characterized by abnormal growths and lesions of the nervous system. The clinic strives for early and accurate diagnosis and for the education of community physicians. For more information, call the clinic at 476-3338.

Gene *(from page 8)*

new clinical trial to test the gene therapy, also has high expectations. "We are hoping that we can demonstrate the safety of this approach, which would open the doors to a wide range of potential brain cancer treatments that could be delivered through gene therapy," he says. "Secondly, we are hoping that this particular treatment will prove at least partially effective in reducing the size of the brain tumors."

If glioblastomas shrink in response to gene therapy in 20 to 30 percent of patients in this small-scale trial, then a larger trial may be warranted, Prados says.

Making cancer cells vulnerable

Introducing foreign cells to fight cancer is a departure from most previous gene therapy trials, in which the patient's own cells have been removed, genetically altered, and then reintroduced into the body.

The novel approach in which viral genes are used to make cancer cells vulnerable to drugs has been effective in eliminating brain tumors in animals. And preliminary findings reported by scientists conducting the first human trial, in which a single dose of virus-producing mouse cells was used, indicated that some brain tumors either shrank or exhibited signs that cancer cells were dying in response to the treatment.

The UCSF team is testing a new treatment protocol, which will permit patients to receive multiple rounds of treatment through the infusion of additional mouse cells followed by additional injections of gancyclovir.

McDermott placed a small container, called an Ommaya reservoir, into the cancerous area of Lema's brain. The reservoir has a tube extending upward through the skull. The port is covered with the scalp, permitting additional infusions of virus-producing mouse cells through the scalp during outpatient visits.

After a few days in the brain, the foreign mouse cells die, probably due to attack by the immune system. The UCSF physicians believe that additional infusions of the mouse cells will cause a greater proportion of cancer cells to become infiltrated by the virus and vulnerable to the anti-viral drug than has been achieved previously.

Gene therapy researchers consider the brain to be particularly well suited for cancer treatment through gene transfer via retrovirus. The retrovirus will integrate itself into gene-bearing chromosomes only within dividing cells, which in the brain are limited to the cancer cells, thereby permitting selective targeting of tumors.

To engineer a virus suitable for gene therapy, scientists at Gene Therapy Inc. of Gaithersburg, Maryland, the sponsor of the new clinical trial, inserted a gene from a herpes virus into the mouse retrovirus. The inserted herpes virus gene encodes an enzyme called thymidine kinase. When the modified mouse virus gets into the cancer cells, the thymidine kinase converts gancyclovir into a molecule that jams up DNA production, thereby killing the cancer cells.

Volume 9, Number 16 October 1-14, 1994

UCSF Medsounds

Page 1 ... Two UCSF researchers win Lasker Awards

Page 1 ... UCSF acts to correct problems of CPRT

Page 3 ... First-year students come to campus

Medsounds is a section of *Newsbreak* for and about employees of the Medical Center, including Moffitt-Long, the ACC, UCSF/Mount Zion and Medical Center employees at Mission Center and Laurel Heights.

Karen Preuss

Phyllis Lema, 58, of Denair, CA, received an experimental gene therapy treatment Sept. 6 at the UCSF Medical Center. The procedure was the first attempt in California to use gene therapy to treat recurrent glioblastoma, an almost always fatal brain tumor.

UCSF surgeons begin first California trial

Gene therapy treats deadly brain tumor

By JEFFREY NORRIS

A UCSF surgical team performed the first operation in California aimed at treating the most deadly form of brain cancer with experimental gene therapy on September 6.

Charles Wilson, director of the Brain Tumor Research Center at UCSF, removed the main portion of the tumor from a 58-year-old woman suffering from recurrent glioblastoma. His colleague, neurosurgeon Michael McDermott, inserted genetically altered mouse cells into the resulting cavity.

The mouse cells are the key to the new treatment, aimed at killing remaining, errant tumor cells that intermingle with vital nerve tissue. They have been genetically engineered to serve as factories to mass produce a virus, called mouse leukemia retrovirus.

Although these viruses have had genes removed so that they cannot replicate on their own, they can still leave the mouse cells and invade dividing cancer cells, rendering them vulnerable to an anti-viral drug called gancyclovir, which was injected intravenously three weeks later.

The standard treatment for patients diagnosed with glioblastoma is surgery followed by radiation therapy, and in most cases, chemotherapy. However, these therapies have been ineffective in saving lives. Tumors recur following standard treatment about 95 percent of the time, limiting patient survival to a few months.

Patient Phyllis Lema of Denair, CA, who was diagnosed with glioblastoma in January 1994, finds courage from her faith and family who lightheartedly refer to the complex procedure as the "tumornator."

Lema hopes her experience will benefit other brain cancer patients. "We all have to take our chances," she says. "And if it doesn't work out for me, maybe what they learn will help others in the future."

Neurosurgeon Michael Prados, the physician who heads the UCSF component of a

(See **GENE** *on page 7)*

Pitch for primary care patients

UCSF unveils ad campaign

By LISA CISNEROS

In its first major public pitch to promote enrollment of primary care patients, UCSF unveiled an advertising campaign this week that touts the Medical Center as the "World's Best Neighborhood Hospital."

The goal of the campaign is to increase enrollment in managed care plans in the UCSF Medical Group by 5,000 to 10,000 members, especially to the Lakeshore Plaza and Daly City practices as well as at UCSF/Mount Zion Medical Center.

The multi-media campaign will run throughout October and November to coincide with open enrollment periods when many Bay Area businesses offer employees an opportunity to choose health care plans and providers.

MANAGING MANAGED CARE

The ads not only remind potential patients of the medical milestones UCSF has achieved in cancer, organ transplants and AIDS, but also urge them to choose UCSF as a primary health care provider for routine services such as booster shots, prenatal care and check-ups. Although primary care is a priority, administrators will evaluate the effectiveness of the advertising campaign to promote specialty care services in the future.

"The campaign is designed to improve community awareness of UCSF as a full service health care provider," says Neal H. Cohen, president of the medical staff and a professor of anesthesia and medicine. "Most people know that UCSF offers specialized services, but they don't recognize UCSF as a place for primary care."

As chair of the Medical Center's Public Relations/Marketing Committee, a group charged with reviewing strategies to publicize UCSF's delivery of services, Cohen says the campaign will highlight UCSF's many contributions to health care and its integral relationship to the community. We want people to feel proud about working here."

The campaign will support UCSF's teaching and research programs and patient care services. By attracting more primary care patients, UCSF will be better able to meet its academic goal to train more students in primary care.

The campaign also will inform the community that UCSF intends to survive and thrive in the increasingly competitive managed health care marketplace. To do this, UCSF must have at least modest enrollments in full-service HMO plans.

Bill Kerr, director of the Medical Center, says the campaign is part of a comprehensive plan to adjust for changing trends in the health care industry, including a national decline in the number of hospitalized patients. The decline is due in part to clinical improvements that have reduced hospital stays as care has shifted to outpatient facilities and to more stringent authorization controls exerted by third-party payers.

"It is imperative that we continue to invest in our clinical programs and fund activities with longer term yields," Kerr says. "Ultimate financial stability cannot be achieved solely by expense control. We must expand the volume of patients cared for by the Medical Group, and we must assure that our patient services continue to be delivered in an efficient and sensitive fashion."

UCSF hired Donaldson Group Advertising of San Francisco to design and create ads that would reach a target audience of working adults

(See **CAMPAIGN** *on page 7)*

UCSF surgeons save sisters' hearing

By JEFFREY NORRIS

Two half-sisters who inherited a genetic disease that deafened their mother and led to the death of their older brother have averted the problem after undergoing a complex surgery at UCSF.

Katie Hemphill, 15, and Leslie Brown, 19, both of Danville, had a tumor on their hearing and balance nerve, called an acoustic neuroma, in both ears.

The tumor pairs are a hallmark of neurofibromatosis type 2, a disorder in which abnormal growths arise around nerves, building up pressure on the brain or spinal cord, usually occuring in the late teens or twenties. Without surgery, hearing loss — or even death — would be inevitable.

When a parent has the defective gene, a child has a 50-50 chance of inheriting it. The girls' mother, Rosemary, lost her hearing and the ability to make facial expressions and their brother, Brian, died at age 13 from a

(See **SISTERS** *on page 7)*

UCSF opens first Sleep Disorders Center at Mount Zion

By LISA CISNEROS

A visit with Dr. David Claman could put you to sleep.

As the director of UCSF's first Sleep Disorders Center at the UCSF/Mount Zion Medical Center, that's his job.

"When you can make a difference in patients' lives, it's really rewarding," Claman says of his work. "You can give them hope in life when they have practically given up."

Located on the fifth floor at UCSF/Mount Zion Medical Center, the Sleep Disorders Center offers a full range of services for diagnosis and treatment of all sleep disorders. Claman, a pulmonary physician who specializes in sleep disorders, directs a team of specialists including neurologists, psychiatrists, dentists and surgeons who provide a multidisciplinary approach to patient care.

Most people spend an average of seven to eight hours in the natural nocturnal state of rest, but a variety of physical and psychological reasons can cause sleep problems.

Recognizing that getting quality sleep is crucial to life — inextricably linked to the social and economic welfare of society — the health care industry is responding to the public's increasing demand for sound sleep by providing doctors trained to improve it. Most insurance companies cover the majority of the cost for a sleep evaluation.

"Many people with sleep disorders go undiagnosed," Claman says. "It's not unusual to have a patient whose complaints go back five to 10 years."

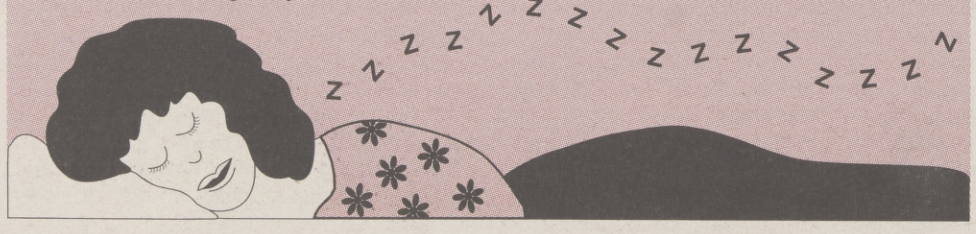
Tips for a better night's sleep

DOs

- Keep a regular bedtime and wake-up time every day.
- Find the right amount of sleep to feel refreshed.
- Create a cozy and dark environment for sleeping.
- Establish routine relaxing behaviors 10-60 minutes before bedtime.
- Use the bed for sleeping and sex only.
- Exercise regularly.

DON'Ts

- Nap during the day or evening.
- Eat heavy meals or drink a lot of liquid before bedtime.
- Dwell on intense thoughts or feelings before bedtime.
- Lie awake in bed too long. Do something else until sleepy.
- Allow sleep to be disturbed.
- Use alcohol, caffeine or nicotine which hamper sleep.



Any condition causing inadequate levels of restful sleep that can affect daytime function is considered a sleep disorder, Claman explains.

People who experience difficulty staying awake, pauses in breathing during sleep, loud snoring, excessive leg kicking during sleep, insomnia lasting more than six months, sleepiness interfering with activities, sleepwalking, nightmares and other abnormal nighttime behaviors can now be referred to the center. Before UCSF opened its own center September 26, doctors often referred patients to outside facilities.

A formal sleep consultation with Claman consists of a detailed sleep history and physical exam to focus on the patient's sleep

(See **SLEEP** *on page 7)*

Dictation system gets upgrade

The Medical Center's Medical Record Services Department is making plans to install a new dictaphone digital dictation system at Parnassus Heights, LPPI and UCSF/Mount Zion.

The system will first be installed at Parnassus Heights and LPPI on Monday, October 17. UCSF/Mount Zion will be on line the first of next year.

Doctors currently use an antiquated analog tape system to dictate notes on patient discharge, operating procedures, clinic notes and letters.

Features of the new dictation system, which may be accessed from any touchtone telephone, include one telephone number for all three sites; 56 lines so busy signals or unanswered lines will be a problem of the past; also, reports will be available to listen to before, during and after transcription; permanent records of all dictations; and the ability to skip prompts.

Doctors will get an instructional packet a week before installation. For more information, call Sandi Gutierrez, transcription manager, at 476-1633.